

PLASTIC AND RECONSTRUCTIVE SURGERY  
LOWER EXTREMITY RECONSTRUCTION HOME CARE

WOUND CARE

1. The following are instructions for wound care:
  - a. Donor Site \_\_\_\_\_
  - b. Muscle Flap \_\_\_\_\_
  - c. Wound \_\_\_\_\_

SKIN CARE

1. You may wash your muscle flap with soap and water daily DO NOT use soap with perfume. A gentle soap like Ivory or Dove is adequate
2. Use a gentle towel to clean your skin graft/flap but DO NOT scrub your graft/flap.
3. You may shower daily, but DO NOT allow your leg to soak.
4. After showering, if wound care is not ordered, you may apply lotion with SPF ->15 to your donor site and muscle flap at least 3 times a day. Always keep your graft/flap moist.
5. DO NOT expose your donor site or muscle flap to direct sunlight until advised by your healthcare provider.

ACTIVITY

1. Dangling and Walking instructions
  - a. DO NOT start weight bearing until cleared by your Orthopedist.
  - b. Dangling: start with 1-5 minutes every 4 hours while you are awake.
  - c. Increase dangling each day by adding 5 minutes to achieve 30 minutes
  - d. If your muscle flap becomes swollen, dark in color, or painful elevate your leg and resume dangling in 1 hour.
  - e. Keep your muscle flap elevated above your heart when not dangling.
  - f. Continue to use splints if prescribed.
  - g. Continue to use ace wraps or pressure garments if prescribed.

EMERGENCY

1. Check your muscle flap daily for the following
  - a. swelling
  - b. cold to touch
  - c. dark or dusky color
  - d. increased bleeding
  - e. pain not relieved by medication
  - f. increased amount of drainage in JP drain

If any of the issue mentioned above occur, please call the Plastic & Reconstructive Surgery Department at  
(323) 409-7731 or (323) 409-7828.